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Mineral Waters and Spas

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*AIX-LES-BAINS*  
*MARLIOZ, SAINT-SIMON*  
*CHALLES*  
*BRIDES-LES-BAINS*  
*SALINS*



# *Savoy*

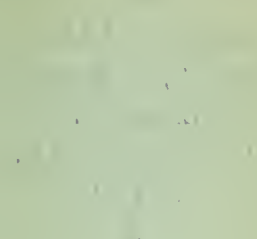
(*France*)



Climatic Stations

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LES CORBIERES
LE MONT REVARD
PRALOGNAN
VÁLLOIRES





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1900

Mineral Waters and Spas



AIX-LES-BAINS

MARLIOZ, SAINT-SIMON

CHALLES

BRIDES-LES-BAINS

SALINS



Savoy

(France)



Climatic Stations



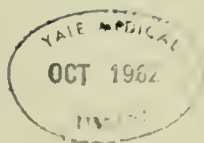
LES CORBIÈRES

LE MONT REVARD

PRALOGNAN

VALLOIRES





PRÉFACE

This little book, published by the Committee of *Savoy* for the Exhibition of Paris in 1900, is intended to supply some elementary knowledge respecting the Mineral Waters and Spas of Savoy, the methods adopted there, and the diseases benefited by them.

Savoy, a district of France, lies on the frontier of Switzerland and Italy, and is one of the finest countries in the Alps. The celebrated Mont Blanc belongs to it.

The name of *Savoy* has always been very popular in London because of the marriage of a Duchess of Savoy with an English Prince, a long time ago, and it is now very well known in America, as well as in England.

There is no country in Europe or elsewhere, offering in one region, such numerous and remarkable mineral waters and great beauty of scenery, to the same extent as Savoy.

First in importance comes *Aix-les-Bains*, with its two thermal springs giving a daily yield of one million and half of gallons, and with its special and remarkable treatment, the *douche-massage*. Aix has a worldwide reputation for the cure of rheumatism, gout, rheumatoid arthritis, sciatica, neuralgia, diseases of the joints, etc., etc.

Marlioz, in the immediate neighbourhood of Aix, and *Challes*, near Chambéry, is the richest water in sulphur and iodine ; they are both most valuable sulphurous treatment, for diseases of the throat and bronchial tubes. Among the Sulphurous Waters of Savoy, we have to mention : *Menthon Saint-Bernard*, a delightful little spa on the banks of the lake of Annecy, and *la Caille* and *Bromines*, both in the vicinity of Annecy.

The waters of *Brides* and of *l'Echaillon*, especially, rival with those of Carlsbad and Marienbad for the diseases of the digestive organs, the liver, disorders originating in defective assimilation of food, and obesity.

Salins-Moutiers, a " hot sea ", as it were, in the Alps, may be resorted to by persons generally sent to the sea side, without fear of the disadvantage of cold sea bathing, sudden and frequent changes of temperature, and the damp air of the ocean.

Those sent to Salies-de-Bearn in particular, for diseases of the uterus and its connecting parts, may derive benefit from a treatment at Salins-Moutiers.

Finally, by means of *la Bauche*, *Farette*, *la Boisse*, the debilitated of every kind, may recover health through the quantity of iron and arsenic contained in these waters.

And to complete the grouping of the mineral waters of Savoy, how useful and beneficial a help are those of Saint-Simon *Evian*, *la Versoie*, *Amphion*, in every kind of urinary organic disease and disorders arising from defective nutrition : gout, dyspepsia, etc., and *Saint-Gervais*, *la Caille* in some cases of the digestive organs, skin diseases, scrofula, etc.

Savoy

AIX-LES-BAINS.

Routes and fares — from Paris by P. L. M. R. R. via Macon, 361 miles : 9 hours by express trains (3 daily) 1st class \$ 13. (65 fr.); 2^a class \$ 8 (44 fr.); — from Geneva in 2 hours 1/2 via Culoz; — from Turin in 6 hours; — from London in 17 or 18 hours in all (2 hours stop in Paris) : 1st class \$ 27. £ 5.10.

Aix-les-Bains is located in one of the most picturesque Alpine valleys, on the banks of lake Bourget and surrounded by mountains which shelter it from North and East winds. The climate is mild, the average temperature being 55° F. and the vegetation nearly the same as that of the South of France.

There are two hot springs called, the *sulphur* spring, and (though containing no alum), the *alum* spring, which supply water to the Establishment to the great amount of 2 millions of gallons in twenty four hours to which must be added 1 million of gallons of plain cold water used, making in all 3 millions of gallons of water per diem.

Both springs are sulphurous and contain sulphuretted hydrogen in equal quantities besides several other elements such as : Carbonate of Iron, Carbonate of Magnesia, Carbonate of Alumina. The temperature varies between 44° and 47° degrees centigrade (110 to 115 F^{hr}); they mark 4° by the sulphydrometre Dupasquier.



AIX-LES-BAINS. — GENERAL VIEW.

(Cliché de M. Brun,
phot. à Aix-les-Bains.)



(Cliché de M. Ulrich.)

THE THERMAL ESTABLISHMENT

There are 202 men and women employed in this extensive and important Establishment, 94 of whom in the douches alone.

The thermal treatment. — The thermal treatment of Aix-les-Bains is essentially *external*. It does not consist merely, as other treatments which assume to be similar, in bathing-douching. There is something better. It consists in *douche combined with massage*, or in other words in *massage under the douche*, or *douche-massage*. It is the *original practice* of the Aix cure; it was invented in Aix; and it is its *exclusive speciality*, in spite of all the attempts of imitation by

other places. Besides this, there are two other thermal practices, used as *accessories*: — the general vapour bath, *Bouillon*, and the local vapour bath, *Berthollet*.

It is interesting to learn that *massage* was first introduced into Aix. by some of the returning members of the Bonaparte's Egyptian expedition in 1799. This historical fact is recorded in a book entitled: *Des eaux thermales d'Aix en Savoie*, published by D^r Daquin of Aix in 1808.

The bathing Establishment is one of the most important in Europe.

There are :

29 douche-massage rooms with 2 masseurs or masseuses ;

22 douche-massage rooms with 1 masseur or masseuse

7 local douche-massage rooms ;

4 local vapour baths called *Berthollet* (after the name of the celebrated chemist born in Savoy) ;

16 general vapour baths called *Bouillons* ;

2 hydropathic rooms ;

48 bath-tub rooms ;

6 swimming baths ;

3 spraying rooms.

The pressure of the water differs according to the part of the building : from 18 feet, to 42 feet.

The rooms themselves contribute in a measure to the style of douche, according to their mode of ventilation.

The physician has at his command all the advantages of varied apparatus, temperature, ventilation and pressure, which enable him to modify at will physiological results and to guide his patient through

the course of treatment, thus avoiding mishaps which might occur in any Establishment not so well fitted up.

The General Douche-massage is performed as follows. — The patient is taken into one of the large douche-rooms, where he is met by two of the attendants, male or female, as the case may be. They seat the patient on a wooden stool, and, one taking the lower extremities and the other the back, they shampoo, knead, or rub according to the directions previously given by the patient's medical adviser. This is the "massage", in which all the attendants are skilled at Aix, it having been handed down to them from father to son and from mother to daughter for many years past. The masseurs each have a hose under their arms from which they direct the water over the bather. It is this massage under the hot sulphur water that constitutes the principal treatment at Aix. The temperature of the water is varied by the physician's orders. As a rule, ten to fifteen minutes is the duration of this operation; when the patient is rubbed dry, and enveloped in a blanket, put into a bath-chair and carried home by porters, who not only take him to his hotel, but also to his room, and place him in bed. This speciality of Aix we consider most important, as a rheumatic person seems to derive more harm than good by having to dress after a douche or bath, and walk home afterwards.

If needed the *Douche-massage* can be done on the *inclined table* on which the patient is placed while massage is performed upon the back, thighs and along the sciatic nerve.

Diseases for which the Aix treatment is beneficial. — A variety of physiological effects are produced at the same time, through so thorough and so varied a treatment. Besides the special action of the water itself, well known as most beneficial in



(Cliché de M. Ulrich).

THE CAMPANUS' ROMAN ARCH AND THE OLD CHURCH

cases of rheumatism and gout, long before the introduction of the present forms of apparatus. results of very different nature may be obtained by the combined action of the water and the douche with massage, such as an exciting, a sedative or a revulsive effect; but the principal one, is the regulating of the

organic functions, circulation of the blood, and appetite, by this means eliminating the morbid conditions, chief causes of the two characteristic diseases for the cure or benefit of which Aix is famed viz : rheumatism and gout. In a word, more or less uric acid is eliminated as long as the treatment lasts.

The mechanical action of the massage in water or in vapour accounts for the successful results obtained in diseases of the joints, whether constitutional or arising from an accident or after an operation.

The chief indications of the Aix treatment are chronic rheumatism, chronic articular gout, rheumatoid arthritis, and diseases of the joints.

Chronic rheumatism. — All forms are very much benefitted by the Aix treatment : *articular*, *muscular* (lumbago, torticollis), *neuralgic* (sciatica, brachialgia); *vertebral* (rheumatic spondylitis).

Rheumatoid arthritis. — This disease (osteoarthritis, arthritis deformans) is different from either rheumatism or gout. It has been assumed that any therapeutics was powerless against it. But this is not the opinion of Sir A. Garrod whose experience on the matter cannot be questioned.

“ It is in the treatment of cases belonging to this class of maladies that the course at Aix-les-Bains is peculiarly successful, not only in ameliorating at the time, the condition of the patient, but in removing the tendency to the disease from the system.

After Sir Alfred Garrod we must quote the opinion of Dr Arch. Garrod, his son, who has studied this question too, and whose book, *A treatise on rheumatism and rheumatoid arthritis*, is looked upon as an authority :



THE BATH CHAIR.

“... There are certain forms of mineral water treatment which appear to have a most direct power in arresting the progress of maladies. This is especially the case with certain stations at which the thermal waters are employed in the form of douches and at which *massage combined with douching* consti-

titutes an essential feature of the treatment. *This form* of treatment is most skilfully carried out at Aix-les-Bains...”

Gout. — It is in the *chronic form of gout* the Aix treatment is very beneficial, and in the œdema and stiffness which remain after the attack. When the tophaceous deposits are formed, the Douche-massage in some instances may get rid of them.

A result almost certain of the annually repeated cures, is not only to improve the articular troubles, but also to ward off subsequent attacks.

Gouty affections such as *sciatica* (and other neuralgias) and *lumbago*, are relieved in the same

way as the rheumatic ones. *Gouty eczema* is likewise improved.

Gouty diathesis may be improved by the Aix *douche-massage*, as it has been demonstrated.

Heberden's nodes, at the early stage, are very well modified by the *douche-massage* and vapour baths. Speaking of the value of Aix treatment, Sir Alfred Garrod says :

“ In *gouty* affections the Aix treatment, has proved most useful in those cases, in which gout has manifested itself by cutaneous eruptions such as psoriasis or eczema, whether combined or not with joint affections; where much passive swelling and stiffness have remained after attacks of articular gout; in that form of gout which is not connected with portal congestion, and in which other thermal waters, such as those of Wildbad and Teplitz, are usually found beneficial.”

In another book he says :

“ 1° Reviewing the results in the very numerous cases sent by me during the last twenty or more years, I am strongly of opinion that more benefit has been derived from the treatment at Aix than would have been received at any one other spa I am yet acquainted with.

“ 2° That in many diseases of the stomach, liver, bladder, etc., the value of several other courses would often exceed that of Aix-les-Bains.

“ 3° That in rheumatoid arthritis (the rheumatic gout of old writers) the value of the Aix-les-Bains course far exceeds, according to my experience, that of any other known spa.

“ 4° That in many other articular affections, such as gout and rheumatism, the Aix course is very

valuable, but not to the same extent as in true rheumatoid arthritis; and that an equal benefit may often be received from some other mineral water treatment. ”

Sequelæ of rheumatic fever, with or without cardiac disease are very much benefitted by the Aix treatment.

In lingering results of the disease, the douche-massage is useful in promoting absorption of the remaining products of exudation in the joints. By its general tonic action the Aix-cure helps also in counteracting any tendency to relapse.

The most important question which arises with regard to the after treatment of the *sequelæ of rheumatic fever*, is how far the existence of cardiac mischief must be held to contra-indicate the thermal cure.

The great majority of practitioners agree now in thinking that valvular diseases are not a contra-indication, certain precautions being observed.

Sequelæ of gonorrhœal arthritis. — The so called *gonorrhœal rheumatism* now considered merely as *arthritis*, is often followed by fibrous adhesions in joints, stiffness, and in some instances with partial ankylosis. When the sequelæ of gonorrhœal arthritis consist in swelling, thickening about the joints, with muscular atrophy and stiffness, the Aix douche-massage combined with *local Berthollet* gives perfect results.

Intensive cure of syphilis. — “ The idea that hot sulphur and thermal waters can cure syphilis, is without foundation. A. Weber says, (*Spas and mineral waters of Europe*, page 293). Hot baths,

however can assist the ordinary medical treatment, especially the mercurial treatment. ”

The old view that the thermal treatment, as a stimulating method, is a touchstone in syphilis, is not worth while being discussed.

In truth, the thermal treatment both at Aix-les-Bains and in Aachen (Aix-la-Chapelle) has merely the power of making the mercurial frictions (with unguentum) easier to be borne. With regard to this effect the Aix-cure proves useful in case of syphilis of the nervous system.

Diseases of joints.

Chronic arthritis, of traumatic origin, with or without effusion, with cracking later on, with muscular atrophy, with stiffness, pseudo-ankylosis (knee, or, shoulder, is successfully treated by the Aix douche-massage.

Chronic synovitis is likewise benefitted, unless it is of tubercular nature.

Sequelæ of sprains, dislocations, fractures, surgical operations, consisting in chronic swelling of the limbs, thickenings or hardenings of peri articular tissues, stiffness of joints, tendinous contractions, muscular atrophy, in some instances trophic changes in the skin (neuritis), are wonderfully cured by the douche-massage of Aix.

Sequelæ of phlebitis consisting in chronic œdema of lower limbs, with stiffness of the knees, ankles, are suitable for the Aix douche-massage. It is necessary to wait one year and half or two years, after the venous inflammation, till the clot of blood has been organized.

In case of phlebitis of infective origin such as

the typhoidic one, or the *phlegmatia alba dolens*, it is not advisable for the patient to undergo the douche-massage sooner. In case of phlebitis in rheumatic or gouty subjects, the delay may be shorter.

PRACTICAL INSTRUCTIONS. — The best time of the year to take the thermal treatment, is from the 15th of April till the 15th of October (six months). English and American patients are advised to come to Aix in May, June, or September. The months of July and August are crowded, and the heat is rather too great for English patients, the temperature being between 75 F. and 82 F. exceptionally for a few days, some years, rising to 84 F. Besides, Aix, being situated in a high mountainous (5000-10 000 feet) country, in the morning and in night, the air is nice and cool (temperature 64 F.). On the whole Aix is not hotter than the other spas in summer time. Visitors have the advantage of enjoying fresh air either on the beautiful and vast Lake "Bourget" or on the Mont Revard, which is easily accessible within one hour by the rack railway.

Duration of the thermal treatment. — As a general rule: the treatment lasts from twenty five to forty days, and on an average, for a month. But no one period can be positively fixed, as, owing to the difference of age, diseases, etc., amongst the numerous patients there must, of course, be a great difference also, in the time and manner of pursuing their treatment.

I. ZANDER' INSTITUTE.

Adjuvants of the cure. — Founded in 1899, the Zander' institute is a very important adjuvant of the Aix-cure. The medico-mechanical appliances for passive movements and for voluntary muscular exercises with graduated resistance, are of great importance for the numerous patients who take the douche-massage of Aix. A great many of them are affected with joint diseases, stiffness, muscular atrophy, and unquestionably the Zander's appliances will give great benefit.

Artificial Nauheim baths have been provided at the Zander's institute. Patients undergoing the Aix-treatment, affected with myocarditis, may have *effervescent baths and exercises*, according to the method of Nauheim. Accommodations for *X Rays*. and *Electrotherapeutics* have been added.

II. AFTER CURES.

Climatic stations: Les Corbières and Mont-Revard.

“ Generally speaking an *after-cure*, says H. Weber (*The Spas and mineral waters of Europe*), is of the greatest importance, especially after the more active waters... Instead of going immediately to their homes and beginning their usual mode of life again, patients should abstain from active work and keep to a simple diet and open-air life for some weeks. They may go to some pretty part of the country not far removed from the spa, or to some not very distant mountain health resort. ” I need not add anything further to this most competent advice.



THE TOP OF MONT-REVARD.

Just close to Aix there are two mountain stations most suitable for the after-cure :

1° *Les Corbières* (2,200 feet) is a climatic station of moderate elevation, honored by the stay in 1896 of their Majesties the Queens of Holland. and

well known by the frequenters of Aix-les-Bains. Comfortable hotel with perfect sanitary arrangements. On the Revard Railway, twenty minutes up by the Cog-Wheel line. It can be also reached by carriage, by the fine shady Pugny and Mouxy roads. Numerous fine and easy walks. Free from fogs and dew, Large wood — Golf links — Splendid view — Abundant pure water, direct from springs. (Telephone with Aix-Lyon-Paris, etc.)

2° *Mont-Revard* (5,360 feet) is a station of high altitude; large plateau with pine wood and meadows; splendid panorama over the Alps and Mont Blanc. — Comfortable hotel.

Aix-les-Bains offers every advantage and amusements of every description : first rate hotels, pensions, restaurants, villas or cottages, lodgings with or without food (or kitchen) for families.

The average price of lodging and food is from 7 to 15 francs a day, wine included : there are, besides, pensions somewhat, inferior to these, at 5 or 6 francs a day.

- There are two grand Casinos : the « Cercle d'Aix-

les-
Bains »
and the
« Villa-
des-
Fleurs »
where
concerts
are given
every



THE LAKE OF BOURGET. — THE ABBAY CHURCH AT HAUTECOMBE.

evening, as well as plays (opera, opera comique, opera bouffe, comedy) by the most celebrated actors.

Excursions. — Walks, drives are varied and beautiful. Cycling is easy thanks to good roads with slight grades. Excursions to Annecy, Grande Chartreuse, upper valleys of Savoy : Brides, Bourg, Saint-Maurice, Chamonix and Mont Blanc.

Boating and fishing on the lake Bourget.

Golf links : beautifully located.

Tennis courts.

Race course (in July).

MARLIOZ.

The Establishment, constructed in 1860, has been completely modified and ameliorated by its new proprietor Mr P. Bernascon under the direction of Mr Lathoud architect.

All the rooms have been provided with china tiles,

and coloured glass, destined to obtain an absolute and complete guarantee against all kinds of contagion and to hinder the decomposition of the sulphorydric gas.

The apparatus have been completely renewed and made especially for the Establishment of Marlioz by Mr Mathieu with the metal Bourbouze, that cannot be spoiled by the action of the sulphurous waters.

The Establishment contains :

1° Fifteen rooms for cold inhalation.

2° Two rooms for spraying containing twelve pulverisators of different methods :

a. Steam spraying by Siegle's method.

b. Spraying with percussion with very high pressure;

c. Spraying with sleeve;

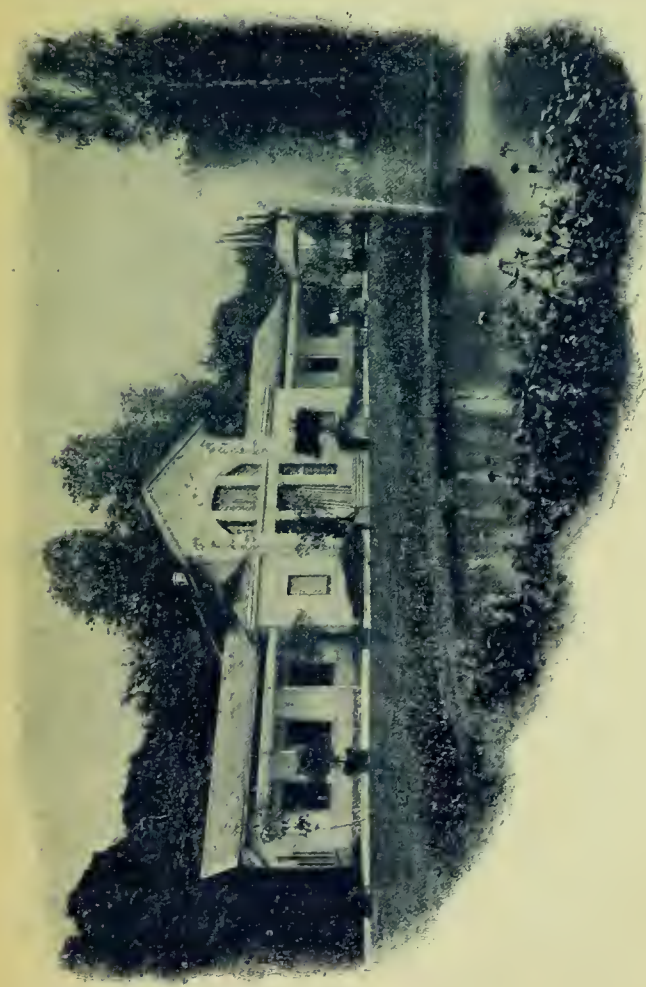
3° A good many apparatus for pharynx, nasal and auricular irrigation, etc.

4° Room for gargling.

5° Two private rooms, a large ordinary room for hydrotherapy, four Siegle's douches two ascending douches, nine bathing divisions.

Marlioz forms an accompaniment to Aix, or completes it, as it were, as well on account of its close vicinity to Aix as owing to the mineral nature of the waters which makes them most useful when a sulphurous line of treatment is required, such as :

1° In diseases of the respiratory organs : pharyngitis, laryngitis, chronic bronchitis, enlargement of the bronchial tubes ; from the simplest form of angina to the most serious forms of disease of the bronchial tubes and the lungs, phthisis, etc. They are most wonderful for children liable to repeated bronchitis



THE THERMAL ESTABLISHMENT, AT MARLIOZ.

or suffering from hypertrophy of the bronchial glands which states so often lay the foundation of tuberculosis of the lungs (consumption);

2° In a diseased state of the uterus and in different affections (congestion) of the uterine neck of the uterus; uterine catarrh, leucorrhœa, etc.;

3° In skin diseases, especially those arising from scrofula or syphilis and from some disease of the mucous membranes, chronic blepharitis, conjunctivitis, ozœna;

4° Owing to their alkaline element, these waters may be used to great advantage in the treatment of rheumatism and gout;

5° Chlorosis and anæmia often derive more benefit from these sulphurous waters, which are easily digested, than from medical preparations containing more iron.

SAINT-SIMON.

2 kilometres from Aix-les-Bains.

The mineral spring of Saint-Simon is situated on the north west of Aix-les-Bains, in one of the prettiest spots of this delightful valley.

The quantity of water flowing from this spring is about 33,150 gallons daily.

The temperature is at the spring of 66° F. and maintains itself invariable, no matter in what season.

This water is very unctious, physiologically pure,

and of an absolute limpidity; its aeration is perfect.

Its effervescence of oxygen gas, of nitrogen, render it superior to the water of Evian, with which it has a great analogy.

It can be utilised either as medicinal or as table water. It is very much used in the hotels of Aix.

It contains very little alkaline, bi-carbonate calcique, ozonised magnesia. It differs from the ordinary water spring by the greater proportion of magnesia alkali and by a special organic resinous matter (Garrigou).

Combined with the treatment of Aix, it completes the thermal cure in all cases of rheumatism and gout, the two great *maladies* treated at Aix, and in all the *maladies du ralentissement de la nutrition*, in stimulating the action of the Kidneys and the liver; in facilitating thus all organic waste.

Consequently it is useful in cases of stone, nephritic colic, chronic nephritis, chronic pyo-nephritis, cystitis, etc.

It can then be used instead of the waters of Evian, Contrexeville and Vittel.

This water is sold in bottles and on account of its valuable properties, will be made use of very much, in the future.

CHALLES.

The Establishment of Challes is situated in a magnificent park in a pretty valley, sheltered from the

north and north easterly winds by the mountains of Curienne and by the Nivolet.

The richness of the vegetation, the regularity of its climate of which the mean temperature is 68 F. during the season of the waters, render this locality very healthy and can even make of it, a summer resort for debilitated and fatigued persons.



THE CHALLES BATH AND ESTABLISHMENT.

About 5 kilometres from Chambéry, it is in communication with this town by means of a steam tramway.

The spring of Challes, discovered in 1841, by Doctor Domenget, although not of great antiquity, has the advantage of possessing a special mineralisation which gives it a place apart in French and foreign mineral waters.

The analysis which has been made of Challes by Henry, Garrigou and Wilms, shows that the four essential elements which characterise its waters are : sulphur, soda, iodine and bromine and that it is by far, the most sulphurous known.

The waters of Challes is cold (52° F.), limpid and transparent. It has only a slight smell in spite of its strong mineralisation. It can be kept indefinitely in bottles if one be careful not to let the air into them. It can be heated.

The Establishment of Challes constructed in 1876 has been enlarged several times since, and it has also undergone improvements which are in progress with modern hydrology.

The Establishment contains : one drinking hall, two rooms for pulverisation provided with Siegle's apparatus worked by steam, three private rooms provided with the same apparatus, disposed so as to act on all the surface of the body ;

One room of spraying ;

Two rooms for cold inhalation ;

Three rooms for hot inhalation ;

Numerous apparatus for nasal irrigation, auricular injection, etc., etc. ;

One room for gargarism ;

Thirty bath rooms ;

A large shower bath with swimming bath for hydrotherapy.

Notwithstanding their high degree of mineralisation, the waters of Challes can be very well supported by the stomach on account of the perfect neutrality of the sulphur of sodium and without doubt, also owing to their alkalie mineralisation which facili-

tates the rapid combustion of the sulphur of sodium and its transformation into sulphite, hyposulphite and sulphate under which forms it is conveyed afterwards into the circulation.

Such a mineralisation shows necessarily a powerful therapeutic action upon the muquous membrane of the respiratory organs as well as upon the mass of the organism and many doctors, principally with children, give it instead of cod liver oil.

The waters of Challes are employed especially :

In all lymphatic affections; scrofula of the skin



THE PARK CHALLES.

of the muquous membrane of the bones and lymphatic glands and some skin diseases such as acné ponctuée, the acné rosacé, or inflammation. Chronic syphilis and principally in lymphatic and scrofula

patients. Also in chronic complaints of the respiratory organs, of the nose, eyes, ears, etc... Asthma, enlargement of the bronchial glands and even in special forms of consumption. The chronic diseases of the genito-urinary organs.

Their easy absorption allows them to be employed in special forms of gout and chronic rheumatism, principally in children.

Also they are useful in cases of goiter.

The season lasts from the 15th May to the 15th October, but the best time is about from the 15th June to the 15th September.

Villas at various prices offer to bathers all the necessary resources of a first class establishment.

A very pretty casino, beautifully situated in the park offers plenty of attractions.

Consult the works of doctors Domenget, Massolaz, Guiland, Cazalis, Royer, Calloud, Barbier and Raugé

BRIDES-LES-BAINS.

This watering place is situated in the department of Savoy at the distance of 6 kilometres from Moutiers, in one of the most picturesque parts of Savoy.

Its elevation above the level of the sea is 1790 feet. The air is remarkably pure and strengthening. The temperature varies between 64 and 73 F.

The Bathing Establishment and residences are on the borders of a torrent, the Doron, and sheltered from the North and South wind by mountains over-spread with vine-yards and pine-woods.



GENERAL VIEW OF BRIDES-LES-BAINS.

This Establishment contains a drinking hall, three swimming-baths, a number of bathing-rooms supplied with all the necessary apparatus for the production of spray, several divisions for ascending douches, dry vapour, vapour-baths, two very large divisions, with all the necessary apparatus for douches-a-colonne, the water poured on in jets, in a circle like spray, from the hot mineral spring and water from the torrent; the temperature of which is 48 F.; A long covered gallery is close to the spring so that in case of inclement weather, the waters can be taken under shelter; special rooms for massage, swedish gymnastics, electrotherapeutics and X Rays, and finally a staff of masseurs and masseuses (shampooers) having gone through a regular course of lessons given each year at the Establishment of Aix-les-Bains.

The waters at Brides contain sulphates, chloride of sodium, magnesia, iron. They are sparkling which makes them easily digested; their temperature is 90 F. and they contain per litre 6 gr. 09 of different kinds of purgative salts such as sulphate of soda, of magnesia, of lime, of soda, and a certain amount of iron.

Taken in small quantity they are tonic and aperitive; in greater quantity, they are laxative, purifying, purgative and diuretic.

M^r. Lefort, in his account given before the Medical Assembly in 1874, says, in speaking of the mineral springs of Brides :

“ The great peculiarity about these waters is their officinal inimitable union of purgative and tonic properties. This double action favours the secretions and the circulation of the digestive tube and its adjoin-

ning parts without debilitating as might otherwise be the case with saline purgatives often repeated, but on the contrary building up again the constitution by



THE CASINO AT BRIDES-LES-BAINS.

exciting appetite and without injury to the state of the blood or to nutrition, as with alkaline waters and carbonates of sodium. ”

For this reason they can be taken and well digested, for some length of time, which is a great advantage over mineral waters too irritating in their action to be continued many days in succession.

Should a greater purgative result be found necessary, to the mineral water at Brides may be added a certain quantity of water from Salins, or from 2 to 5 grammes of salts of Brides the efficacy of which has been made known by Dr. Boudet of Lyons.

This tonic and at the same time purgative result accounts for the wonderful benefit derived from these waters in all diseases of the liver: gall stones, chronic hepatic colic, piles, especially in patients affected with

anemia, or debilitated from residing some length of time in hot climates : India, China, CochinChina, Africa, America, etc. ; abdominal obstruction, gastric fever, dysentery, constipation, catarrh in the bladder, enlargement of the prostate, and of the womb, piles, congestion of the brain, sick head-ache, diseases of the uterus, sterility, hypertrophy of the spleen, disease of the heart, diabetes and all diseases resulting from defective assimilation ; in fact, in the class of diseases that Bouchard has placed under the head of diseases from decreasing or slow nutrition or assimilation, causing obesity which is all the better cured from the waters being taken during a stay in a mountainous and healthy district.

Lastly, rheumatism and gout.

These waters may easily be sent to other parts of the country or kept without losing their mineral properties so that patients may continue drinking them at home on condition that the water be at the same temperature as at the spring. This is no small consideration when we know it may be done successfully in cases of long standing.

Salts of Brides are most useful as a *toni-purgative*, and allow of continuing the cure at home.

There are first-rate hotels, besides pensions at moderate charges, and a casino. The excursions are numerous and varied.

Brides is connected with Moutiers (railway station) and Salins by an electric tramway.

For further information, refer to what has been written on these subjects by Drs. Trésal, Laissus, Philbert, Desprez and Delastre.

SALINS-MOUTIERS.

The thermal Establishment is situated 4,410 feet above sea-level and at a distance of 4 kilometres from Brides. The water, 96 F. contains 16 grammes of salts



GENERAL VIEW OF SALINS-MOUTIERS.

and a certain amount of chloride of sodium, soda, iron, iodine, arsenic, and a good quantity of lithia, besides much carbonic acid. The supply of mineral water from the springs is one million and half of gallons in twenty-four hours, so that it is being renewed without interruption in the bath. The name given to the springs, *Hot sea in the interior of the Alps*, is a well deserved one, and Dr Gubler, referring to them, speaks

in these terms : "They are the richest waters in chloride of sodium existing" ; neither Spain nor Italy, nor even Germany which possesses Kreusnach, Homburg, Nauheim and Kissingen, can offer any so valuable. *They are superior to them all.* High temperature, concentrated mineralisation, gas in solution, the enormous volume perday, are the superior characteristics which place them easily before all other saline waters and prepare for Salins a prosperous future.

They are the same as sea-water besides being, warm and bubbling or sparkling, of great benefit to patients with weak lungs or debilitated from long illness.

The waters of Salins triumph wonderfully over every case or state arising from atony or debility, defective nutrition, lymphatism, scrofula, rickity anemia ; they prove valuable to innumerable patients ; to those much weakened, children afflicted at times with weakness of the bladder ; to youth exhausted from too rapid growth.

They also prove of great benefit in chronic rheumatism of atonic form, chronic arthritis, and dislocations, old fractures, and especially in diseases of the genito-organic system in women.

The waters of Brides are often added to those of Salins in the treatment of some cases, which is easily effected owing to their close neighborhood.

There are hotels and villas at Salins ; some patients however reside at Brides.

The combined mineral salts and carbonic acid are favourable as to digestion and Dr Gubler remarks on this point that they are the only ones of this order

that can be taken internally in sufficient quantity and yet be followed by no evil results.

Salins is connected with *Moutiers* and *Brides* by an electric tramway.

After cure

In the vicinity of Brides and Salins lies a beautiful mountain station for the after-cure, *Pralognan* : 12 miles from Brides, 4275 feet alt. The scenery is as grand as at Zermatt. The circus of high mountains, the imposing glaciers of *Vanoise*, shelter the place from winds. Climate dry, bracing. A first-rate hotel exists here.

LA BAUCHE.

The temperature of this mineral water in 12° centigrades, 53 F., and contains : carbonate of iron, bicarbonate, soda, lime, hyposulphite and ammoniac. It is clear, cold and presents a decided taste of iron which thus reveals the presence of oxide of iron (or carbonate of iron).

This spring is the most highly charged with iron containing 0,17 p. 100 of protoxide of iron, the next in importance to it, Orezza, containing but 12 p. 100. It is free from gases.

This Establishment comprises drinking fountains and bath divisions supplied with the pure mineral water.

Pleasantly situated, 489 metres above the sea-level, surrounded by woods, hills and high mountains which

shelter it from the North wind, this unpretending little bathing-place will, no doubt, some day and before long, become celebrated ; the wonderful and rapid cures made there speaking for themselves as well as the favourable situation of the Establishment and the precious quality of the water.

It is prescribed for a course of treatment requiring much of the iron element : chlorosis, anæmia and all diseases giving rise to an unhealthy state of the blood, syphilis, scrofula, etc.

They have proved successful for persons in whom a low state of health has been brought on by the fatigue and style of living in large towns and for whom, rest and quiet in a healthy atmosphere such as this, is a powerful aid to a hydromineral line of treatment.

BONNEVAL.

This place stands 1 084 metres above sea-level, near the torrent of Chapieux and at a distance of 6 kilometres (6,000 metres or French yard-measures) from Bourg-Saint-Maurice.

These mineral waters, temperature 95 F., contain sulphides, chlorides, iron, silica, and arsenic, consequently bear much similarity to those of Saint-Gervais.

The quantity of water from the spring is a million and a half litres (large bottles) per diem.

For rheumatism, rheumatoid arthritis especially,

gout, gravel, some forms of skin disease, chlorosis and anæmia they are found most beneficial.

Well indicated for the required purpose and with proper care, this mineral water cannot but become more and more useful in the above mentioned cases owing to the temperature, great quantity, and rich properties, and being placed in the midst of mountains, in a healthy, strengthening atmosphere.

It stands on the way from France into Italy, passing by the Petit-Saint-Bernard.

L'ÉCHAILLON.

The mineral spring of l'Echaillon appears at the base of rocks of granite from which may be heard an underground sound. They are only a hundred mètres distant from the station of Saint-Jean-de-Maurienne and contain sulphate of lime, of soda and of magnesia and *chlorides, iodide of sodium and magnesia*.

The temperature of the water is 30° centigrades, 86°F., and the outpour nearly a hundred thousand litres in twenty hours.

Verneilh and Grillet, Fantoni, Gioberti, Fabien, Calloud and Mottard, having analysed these waters and studied the advantages to be derived from their use, have pronounced them most beneficial in affections of the liver, stomach, intestins; abdominal obstruction, gastric disorder, constipation, intestinal catarrh; catarrh of the bladder, piles, congestion of the uterus, chronic, rheumatism fractures of long date, etc.

Unfortunately these waters have not been well managed; but their vicinity to a railway-station, the elements which enter into their composition, their temperature, their outpour, will ensure them great success as soon as they will have been prepared for use in an Establishment suited to the purpose.

Valloires. — The neighbourhood of Echaillon and of Valloires calls upon us to point out here the climatic station of Valloires in the Maurienne (altit. 1430 mètres) situated on the road of Saint-Michel-de-Maurienne to the Lautaret, by the defile of the Galibier (altit. 2540 mètres) the highest road of Europe after that of the Stelvio. Valloires is a most interesting centre for excursions and is to be especially recommended as a station of repose and high altitude.

The configuration of the Valley and its distance from the ice-fields, maintain there a temperate climate, both dry and healthy. Hotels, post and telegraph, Doctors; daily service for Saint-Michel and, in summer, for Lautaret.

FARETTE.

The spring of Farette is situated above Albertville on the slope of a mountain.

The water contains arsenic and iron and is slightly sparkling; it is used as a drink only, and is very pleasant, thanks to its composition.

Farette water may be prescribed in cases of anæ-

mia in the aged, over tasked brain so common now a days when learning is persued at such a feverish rate; invalids recovering from serious illness; nevrotics and nevrosthenics, in whom all the various organic fonctions are out of order; those affected with syphilis and the consequences of strong-drink; those suffering from the nature of their profession; from residing in hot climates; and from cachexy, and malaria.

LA BOISSE.

The mineral spring of la Boisse is one kilometre's distance from Chambéry, is cold, contains *iron, alkali, magnesia bicarbonate*.

The favourable combination of iron on the one hand and of alkaline salt on the other have won for it the rare advantage over other iron waters of not being injurious to the intestinal functions. Consequently it is easy of digestion owing also to a small quantity of carbonic acid.

To these two features; viz : salts of soda and salts of magnesia, are attached two corresponding classes of indications.

The Boisse mineral water will act as a restorer in anæmia of every description, in chloro-anæmia in young girls as well as in cases of *fatty-anæmia*.

The second class of complaints for which the Boisse water may be beneficial are of the same nature as those which up to the present day had been treated at Evian (in Savoy) only, viz :

Arthritis, dyspepsia, gravel, stone-disease, gout. Consequently this water is to be prescribed in the various forms of uric diathesis; disease of the bladder and liver, which spring from the latter.

COISE.

Ammoniacal bromo-iodurated waters, etc.

This mineral spring of Savoy is situated in the lovely valley of the river Isère so much spoken of under the name of « vallée du Graisivaudan » and but a few miles from Montmélian. The wooded slopes of the mountain of Montmayeur overlook it as well as a feudal castle of that name.

The mineral water is alkaline, bromo-iodurated and ammoniacal.

It owes its alkaline property to the bicarbonate or soda which it contains in great quantity. But its chief virtue consists in the iodine and the bromine found in the form of iodurated bromine which renders this water one of a rare and valuable kind, only two or three springs being known to possess this essential feature. The one at Coise contains per litre : 7 milligrammes of iodine, notwithstanding which the water is clear, without any unpleasant flavour or taste. It is soft to the touch, also sparkling, containing, besides carbonic gas rarely met with in known mineral waters : hydrogen protob carbonate gas.

It will be readily understood why the special composition of this water makes it so beneficial and so

wonderful an agent in therapeutics, taken inwardly the only form in which it is used.

Its physiological properties have been thoroughly appreciated and stated by Dr Dubouloz, and since then, by Dr Rilliet of Geneva, and by most of the physicians of Savoy.

This water is chiefly prescribed for goiter and enlargement of lymphatic or scrofulous nature. Children or adults afflicted with swellings or scrofula, will find rapid relief and cure from the solvent and purifying action of Coise water. It will serve in such a case as a useful and successful substitute for codliver oil, not easily digested by some patients.

For the same reason again, Coise water is prescribed in cases of enlargement of the liver, spleen or other viscera.

As it contains also bicarbonate of soda it can successfully overcome dyspepsia, chronic gastritis and a diseased state of the intestine.

Coise water, in a word, stimulates appetite, helps digestion and overcomes constipation.

Finally, generally speaking, all those of weak or debilitated constitution, young girls of chloro-anæmia nature, lymphatic and scrofulous children will find the Coise water a great tonic easy and pleasant to drink.

LA LÉCHÈRE.

The waters of La Léchère, recently discovered, have a high temperature mounting to 60° and their

curative advantages are very precious. These waters are hyperthermal, sulphated, calcareous, ferruginous and they also possess salts of Lithia. Like the waters of Bagnères-de-Bigorre (Hautes-Pyrénées) and of Loèche-les-Bains (Switzerland) the waters of La Léchère contain a greater amount of mineral principles than the latter waters and they are superior to them in point of heat and abundance. The flow of the waters of La Léchère is about 4 millions of litres per day.

These waters are intended to be used in bath, douches and taken as a drink against Rheumatism, nervousism, skin and blood diseases and also diseases of the kidneys.

The waters of La Léchère are enclosed and are ready for use. A small Establishment got up for the time being, has already permitted their experimentation and has allowed the doctors to appreciate their effects. It is a new station, to organize for the future. La Léchère is on the territory of the parish of Notre-Dame-de-Briançon, at the entrance of the delightful plain of Aigleblanche and at 5 kilometres from Moutiers-Salins.

LA CAILLE.

La Caille, 14 kilometres distant from Annecy and 6 kilometres from Groisy-le-Plot, on the banks of the Usses; in the rocky and picturesque pass of *lo Bens* or of *la Fayes* (*id est* of the Baths or of the Fairies); at fifteen minutes from and under the celebrated

Bridge of la Caille or *Charles Albert Bridge*, a beautiful suspension bridge, 192 metres long and 107 metres above the valley of the Usses, inaugurated on the 10th of June 1839; whence the view is marvellous.

“ Sulphurous, alkaline, effervescing and chalybate waters. ”

... “ Beneficial in certain kinds of cutaneous affections, in scrofula, chronic rheumatism, diseases of the throat. ”

Five springs *two of which are hot mineral waters* : spring of the Chateau and spring Saint-Francois.

The waters of la Caille were known by the Romans under the name of *Aquineum* (*aquæ quinqua*, the five springs).

The treatment consists in baths, douches and drinking.

The bath house contains a swimming bath; cabins for improved scotch douches, apparatus for local douches and about thirty baths.

There is an hotel close to the baths.

MENTHON-SAINT-BERNARD.

On the banks of the lake of Annecy, at the entrance of a pretty vale leading by the passage of Bluffy to the picturesque valley of Thonex and towered over by the castle of Menthon (ixth century) in which was born *Saint Bernard*, the founder of the asylum of the Grand and Petit saint-Bernard.

Menthon is protected against the north winds by

the mountain of Veyrier and the *Dents de Lanjon*; in the middle of groves and rich vineyards.

The spring is *sulphurous alkaline effervescing and cold* (14°).



MENTHON-SAINT-BERNARD.

The waters of Menthon were known by the Romans; remains of *Roman baths* were found there.

The treatment consist in baths, douches; massage may be given in addition.

A new bath house was rebuilt in 1889 over part of the Roman Baths. The Baths are 200 metres distant from the lauding place of the steamers.

Nota. — The neighbouring country station *Talloires*, at the foot of la Tournette, very much resorted to in later years (hotels, boarding, villas, post-office and telegraph) can be made use of by persons following a treatment at Menthon fifteen ou twenty minutes distant by steamer.

Menthon is separated from *Talloires* by the *Rock of Cheire* from which the view is beautiful and where may be seen the tomb of Taine and the property of *Toron* made famous by Theuriet.

BROMINES.

8 kilometres distant from Anneey, possessed a few years ago a bath house including simple baths, douches, etc. These baths are no longer open. The waters are cold (16°) and sulphurous.

Bromines is at the foot of the mountain of *Mandallaz* easily reached and with a wide-reaching prospect.

OTHER MINERAL SPRINGS IN SAVOY

Besides these much frequented springs, Savoy is gifted with about thirty other mineral springs the most important of which are :

Saint-Hélène-des-Millières containing bicarbonate of soda, iron and arsenic.

Pontamafraz containing ehloride of sodium, iron and arsenic.

Bois-Plan, Ferraehe, la Croix-de-la-Rochette, all of them rich in iron, alkali, bicarbonates.

Arbonne, highly mineralised with ehloride of sodium (225 grammes of carbonate of soda per litre).

Les Glaciers, with magnesia, iron, carbonic acid gas.

La Boisserette, sulphur, iodine and cold.

Saint-Pierre d'Entremont, cold sulphur.

In a word, Savoy is, considering its small extent, one of the most favoured districts for mineral springs either with regard to number or to variety in the world.

L. B.

H. F.



THE CHATEAU OF DUINGT,
NEAR MENTHON-SAINT-BERNARD. — THE LAKE OF ANNECY.

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